

rozwnw ishq jWc

blmwrl dy mu`K l`Cx	kl krley
buKwr (38°C qoN au~pr) TMf l`gxw KWsl swH lYx iv`c id`kq gMD jW svwd dw pqw nw l`gxw	jyy iehnW iv`coN ie`k jW ie`k qoN izAwdw l`CxW dw jvwb hW hY: Gr rho Aqy ishq dw mulWkx kro[Awpxy l`CxW Aqy Agly kdmW lel ishq-sMBwl pRdwqw jW 8-1-1 nwl sMprk kro[
hor l`Cx	kl krley
gly iv`c KrwS Bu`K nw l`gxw isrdrd srlr drd bhUq Qkwn jW Qkwvt jI mclwxw jW aultIAW dsq	jyy ie`k l`Cx lel hW hY: jd q`k qusIN ibhqr mihsUs nhIN krdy, audoN q`k Gr rho[jyy iehnW iv`coN 2 jW izAwdw l`CxW lel hW hY: 24 GMitAW lel Gr rho[jy l`Cx Tik nhIN huMdy jW ivgV jWdy hn qW ishq dw mulWkx kro; Awpxy l`CxW Aqy Agly kdmW lel ishq-sMBwl pRdwqw jW 8-1-1 nwl sMprk kro[
AMqrrwStrl Xwqrw:	kl krley
kl qusIN ipCly 14 idnW iv`c kYnyfw qoN bwhroN Xwqrw krky vwps Awey ho?	jykr hW : sUbwel Aqy PYfrl dohW AwdySW dy qihq kYnyfw qoN bwhroN Xwqrw krky vwps Awaux vwly swry ividAwRQIAW Aqy stwP nUM 14 idnW lel svY-ie`klqw (self-quarantine) iv`c rihxw pvygw[ies iv`c auh ividAwRQI vl Swml hn jo ivdyS qoN skUl iv`c Aw rhy hn[kYnyfw qoN bwhrly ividAwRQIAW f svY-ie`klqw dy AwdySW dl pwlxw krn lel skUl l`gx qoN G`to-G`t do h&qy pihlW kYnyfw Awaux dl Xojnw bxw lYxl cwhldl hY[hor jwxkwrI ie`Qy auplb`D hY[
nyVlw sMprk	kl krley
kl pbilk hYIQ v`loN quhwfy nwl sMprk klqw igAw hY Aqy sUicq klqw igAw hY ik qusIN koivf-19 dl puStl vwly ikxy ivAkqI dy nyVly sMprk iv`c Awey ho?	jykr hW: pbilk hYIQ v`loN id`qy idSW-inrdySW dl pwlxw kro[qusIN ikvyN mihsUs kr rhy ho Aqy A`gy kl krnw hY, ies bwry slwh lYx lel qusIN ikxy vl smyN 8-1-1 `qy Pon kr skdy ho[iDAwn idE ik qusIN ikvyN mihsUs kr rhy ho[jy swH lYxw muSikl ho jWdw hY, qusIN kuJ pl nhIN skdy Aqy izAwdw burw mihsUs kr dy ho, qW ikxy ArjYnt kyAr klink jW AYmrjYnSl ivBwg iv`c qurMq fwktrl dyKBwl IE[

K-12 Health Check nwl Awpxy l`CxW dl jWc kro[jy quhwfy koel pRSn hn jW l`Cx ivgVdy hn qW Awpxy ishq sMBwl pRdwqw nwl sMprk kro jW 8-1-1 `qy Pon kro[koivf -19 bwry vDyry jwxkwrI lel ikrpw krky www.bccdc.ca `qy jwE[jy quhwfy l`Cx gMBIr jo jWdy hn, ijvyN ik swH lYx ivc muSikl AwauNdl hY (audwhrx. swH lYx jW ie`kly SbdW nUM bolx iv`c bhUq id`kq) jW Cwql ivc drd, qW 9-1-1 `qy Pon kro jW nyVy dy AYmrjYnSl ivBwg ivc jwE[